

July '25

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The Current

RVCC Student Newsletter

Classes are Filling Up!

Get Registered for Fall '25.

Spring '26 and Summer '26 are open also.

Stay on Track. Plan Ahead!

<https://www.rivervalley.edu/admissions/course-schedules/>
<https://sis.ccsnh.edu/>

\$750,000

available in scholarships

Granite Edvance Scholarship

- Must be a New Hampshire resident
- Awards from \$1,000 to \$3,000
- Scholarship categories: Leadership and Community Service, First Generation College Student, Academic Excellence, and Life Experience



OPENS

Early March 2025

DEADLINES

4-YEAR STUDENTS

May 7, 2025

2-YEAR & TRADE SCHOOL STUDENTS

July 9, 2025



SCAN ME

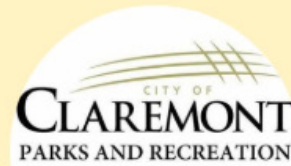


GraniteEdvance.org/
ge-scholarship

VISIT

GraniteEdvance.org/ge-scholarship

for more details and to view the terms and conditions



Kids Summer Adventure Camp

Fun & Creative
Outdoor
Activities For
Boys & Girls 7-
12 Years Old

Dates

Monday July 7 - Arrowhead Hike and Moody Park
Thursday July 10 - Lempster Windmills + Goshen Ocean Swim
Monday July 14 - Fore U Golf
Tuesday July 15 - Pitcher Mountain Hike
Thursday July 17 - Bowling and Monadnock Park
Monday July 21 - Lake Sunapee Beach Trip
Tuesday July 22 - Vermont Institute of Natural Science
Thursday July 24 - Mount Ascutney Hike and CSBCC Swim

Admission

Depending
on Trip:
\$10-\$25

Hours 8-4pm

About the Instructor:

Experienced Educator
Certified Lifeguard
Childcare Licensed Professional
Rain or Shine



Activities :

- Hiking
- Swimming
- Bowling
- Golfing
- Travel

Claremont Savings Bank
Community Center

152 South Street Claremont
NH 03743



More Information : www.claremontparks.com 603-542-7019

Charles P. Puksta Library

Dedicated September, 2007

GIVE YOUR BRAIN A BREAK
&
READ SOMETHING FUN
THIS SUMMER



STATE
PARK
PASSES

VT
&
NH



AVAILABLE IN
THE LIBRARY
ASK AT THE DESK



PLAY OUTSIDE!



CAMP - SWIM - HIKE - PICNIC - FISH

PARK PASSES PROVIDED BY
RVCC STUDENT LIFE

What Makes a Book a
Beach Read?

Carefree Joy
Romance

COMPULSIVELY
READABLE

Low Stakes

Summer Setting

CHOOSE TO REFUSE

SINGLE-USE PLASTIC
PLASTICFREEJULY.ORG

Communities around the globe are concerned about plastic ending up in landfill and polluting the oceans ... that's why hundreds of millions of people worldwide are choosing to be part of Plastic Free July



Yes, I will join
the challenge!

Will you join the challenge?

Please join our effort to help the environment. Choose to refuse single-use plastic during July.

1. Visit our website

☐ plasticfreejuly.org

2. Choose what you will do

- ☐ Avoid single-use plastic packaging
- ☐ Target the takeaway items that could end up in the ocean
- ☐ Go completely plastic free

3. Choose the length

☐ 1 day ☐ 1 week ☐ 1 month ☐ Always

ACCEPT THE CHALLENGE

greenchoicelifestyle.com

31-Day Plastic-Free July Challenge

WEEK 1: PERSONAL CARE & HYGIENE

1. Switch to a bamboo toothbrush.
2. Try shampoo and conditioner bars.
3. Switch to zero-waste toothpaste.
4. Use reusable cotton pads for makeup removal.
5. Adopt a safety razor for shaving.
6. Explore plastic-free deodorant options.
7. Create a homemade face mask.

WEEK 2: KITCHEN & COOKING

1. Replace cling film with beeswax wraps.
2. Use glass or stainless steel food containers.
3. Buy in bulk using your own containers.
4. Make your own cleaning products.
5. Switch to compostable trash bags.
6. Use silicone mats instead of parchment paper.
7. Start composting kitchen waste.

WEEK 3: ON- THE-GO & LIFESTYLE

1. Carry a reusable water bottle.
2. Bring your own coffee cup to cafes.
3. Use metal or bamboo alternatives.
4. Pack lunches in reusable containers.
5. Use cloth bags for shopping.
6. Attend a local zero-waste workshop or event.
7. Share your progress on social media.

WEEK 4: HOME & COMMUNI- TY

1. Conduct a home plastic audit.
2. Host a plastic-free dinner party.
3. Create art from recycled materials.
4. Volunteer for a local cleanup.
5. Start a community garden.
6. Organize a clothing swap event.
7. Advocate for policies in local businesses.





BetterMynd @

RIVER VALLEY
Community College

COMMUNITY COLLEGE
system of New Hampshire

**Try it Out.
Talk it Out.**

**River Valley Community
College students get 3
FREE 50-minute
teletherapy sessions**



**MENTAL HEALTH
IS HEALTH**

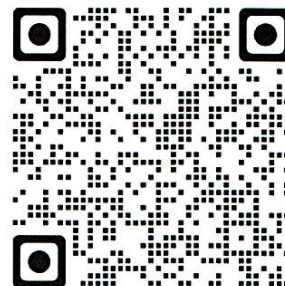
River Valley Community College students call

**844-BTR-MYND
(844-287-6963)**

**Something on your mind?
Teletherapy can help.**

Why do students (like you) go to therapy?

- ✓ Feeling consistently low or sad
- ✓ Persistent anxiety
- ✓ Handling a breakup
- ✓ Loss of a loved one
- ✓ Past or current experiences of trauma or abuse
- ✓ Academic pressures and performance
- ✓ Housing or roommate tension
- ✓ Challenges with family members or at home
- ✓ Balancing childcare / care for family members
- ✓ Experiencing discrimination related to your race, weight, religion, immigration status, gender, sexual orientation, or disability (not comprehensive)



Scan me to register

Learn more and register at www.bettermynd.com

Take A Break for Fun & Games

Your calm mind
is the ultimate
weapon against
your challenges.
So relax.

~Bryant McGill

	8	7	3		4			
	3		5				4	
								7
					2	4	5	
	9	6		1		8	3	
	2	5	8					
8								
	5				7		1	
			2		1	7	6	

KAYAK
ISLAND
COMPASS
ANIMALS
TRAILER
MARSHMALLOW
VACATION
SWIMMING
BATTERIES
MOSQUITOES
AIR MATTRESS
S'MORES
RESERVATION
CANOEING
NATURE
INSECT REPELLENT

CAMPFIRE
SUMMER
HIKING
FLASHLIGHT
RACCOON
SLEEPING BAG
ROASTING STICKS
CAMPSITE
MOUNTAINS
LANTERN
CHIPMUNK
TENT
OUTDOOR COOKING
MEMORIES
CABIN
HAMMOCK

Answer

1	8	7	3	6	4	2	9	5
2	3	9	5	7	8	6	4	1
5	6	4	1	2	9	3	8	7
7	1	8	9	3	2	4	5	6
4	9	6	7	1	5	8	3	2
3	2	5	8	4	6	1	7	9
8	7	1	6	9	3	5	2	4
6	5	2	4	8	7	9	1	3
9	4	3	2	5	1	7	6	8



CAMPING WORD SEARCH



G A B G N I P E E L S I E A I L K Z S V F K C L
R T L M O E V D I X R H N K C O T T G C Y E W F
S N R O A S T I N G S T I C K S R O S M C N M L
Y E G N R W I P B G I M O U N T A I N S O A R M
W L B T E M V A C A T I O N S H S U D T T T V X
F L V G S K Z X A Z I H Y Y H T V I U P W U J N
R E B E E K S Y H A O S V S Z G Z H U N I R I Q
S P B D R K C O M M A H V N J M B I T B Q E V L
W E Z N V Q H K T A H U T W F L A S H L I G H T
I R B C A V H I M A K A Y A K U H F Q P X I M A
M T C V T Q J C H I P M U N K O G C K B O K O S
M C C V I M K A F A I R M A T T R E S S U U E I
I E O M O B F T L F Y W M V X R Q P H J T O M S
N S M G N R W K U H C K V T M A F S Q U D H O E
G N P Y T V X O G K V L S R J C D E J O O I S I
U I A T K F K K D L F E Y A M C D I C E O S Q R
O J S P A C A M P S I T E I H O G R F M R L U E
T V S M N Y M M Y P U F K L I O N O Z L C A I T
C A N O E I N G I U K I S E I N I M S A O N T T
W O L L A M H S R A M N T R D G K E E N O D O A
E K N A L C S L A M I N A A E Q I M R T K N E B
A F T E N T O L J N S U M M E R H N O E I S S B
H N F E Z Z M E R I F P M A C N M F M R N L W F
U N I B A C P Z G V H X S J C K W T S N G B D F

CHECK OUT ALL THE UPCOMING NH JULY 4TH FIREWORK EVENTS!!!

Andover: 7/4 (Dusk) at Carr Field; rain date 7/10
Ashland: 7/3 (9:30 p.m.) at Ashland Ballpark
Bradford: 6/28 (9 p.m.) at East and West Main Street
Bretton Woods: 7/4 (9:45 p.m.) at Omni Mount
Washington Resort (fireworks only open to guests of
the resort)
Bristol: 7/5 (Dusk) at Newfound Lake; rain date 7/11
Center Harbor: 7/4 (9:15 p.m.) at Center Harbor Bay
Claremont: 7/3 (9:30 p.m.) at Monadnock Park; rain
date 7/11
Concord: 7/4 (9:15 p.m.) at Memorial Field; rain date
7/5
Conway: 7/4 (9:30 p.m.) at Schouler Park
Dover: 7/5 (9:15 p.m.) at Garrison Hill Tower
Exeter: 7/12 (8 p.m., after the concert ends) at Swasey
Parkway
Franconia: 7/12 (9:30 p.m.) at Dow Field and Dow
Field Pavilion
Gilmanton: 6/28 (dusk) at Crystal Lake Park
Gorham: 7/4 (10 p.m.) at Town Common (fireworks
are shot off at Promenade Field)
Grafton: 7/12 (dusk) at Recreation Field on Prescott
Road
Greenville: 7/3 (11:20 p.m.) at Town Field
Hampton: 7/4 (9:30 p.m.) at the beach, near B, C
Streets (could be canceled due to piping plovers'
nest)
Harrisville: 7/20 (Dusk) at the village along Harrisville
Pond
Jackson: 7/6 (9 p.m.) at Jackson Village Park

Jefferson: 7/3 (Dusk) at Couture Field
Laconia: 7/3 (10 p.m.) at Weirs Beach
Lincoln: 7/5 (Dusk) along Main Street, at Hobo
Railroad
Littleton: 6/28 (9 p.m.) at Remich Park
Manchester: 7/3 (9 p.m.) at Arms Park; rain date 7/5
Manchester: 7/3 (after the Fisher Cats game) at Delta
Dental Stadium
Meredith: 7/4 (9:30 p.m.) at Meredith Bay; rain date
7/5
Merrimack: 7/4 (9:15 p.m.) at Merrimack High School
Nashua: 7/4 (Dusk) at Holman Stadium
New Boston: 7/4 (9:30 p.m.) at Fairgrounds
Ossipee: 7/4 (9 p.m.) at Constitution Park
Pelham: 6/28 (Dusk) at Pelham Municipal Center;
rain date 6/29
Portsmouth: 7/3 (9:15 p.m.) at South Mill Pond; rain
date 7/5
Raymond: 7/12 (9:30 p.m.) on the common
Rochester: 7/13 (9 p.m.) at Lilac Family Fun Festival at
Spaulding High School & James W. Foley Community
Center; rain date 7/14
Salem: 7/4 (9:15 p.m.) at Canobie Lake Park
Salem: 7/2 (9 p.m.) at Tuscan Village
Sandwich: 7/5 (Dusk) at Sandwich Fairgrounds
Tamworth: 7/5 (Dusk) at Brett School
Wakefield: 7/2 (Dusk) at Ballfields (in Sanbornville)
Waterville Valley: 7/4 (9:30 p.m.) at Town Square
Windham: 6/26 (9:30 p.m.) at Windham High School
Wolfeboro: 7/4 (Dusk) at Wolfeboro Bay; rain date 7/5

If your town is not listed, please contact your local police department's business line or your town hall for more information.

INFO ABOUT OUR FALL SEMESTER WELCOME EVENT IS COMING SOON

This issue of The Current was prepared by
Diane E. Nocco, Academic Advisor

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One App. Every Resource. Total Support.

SAFETY FEATURES

SUPPORT FEATURES



TIME TO LEAVE™

Schedule your phone to call/text with a custom message for a discreet exit from uncomfortable situations.



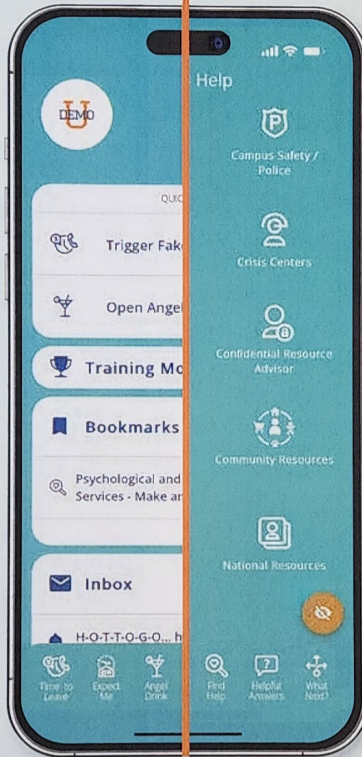
EXPECT ME™

Temporarily share your GPS location with friends so they get alerts if you're delayed.



ANGEL DRINK

Ask a server for help using a discreet onscreen menu.



FIND HELP™

Quick access to on- and off-campus support services.



HELPFUL ANSWERS™

FAQs about hazing, sexual assault, harassment, stalking and more to support you or a friend.



WHAT NEXT?™

Step-by-step guidance for next options.

You are in control while using the app. You will not mistakenly contact the police or anyone else.



Download Today!

FREE TO USE. ANONYMOUS.



Navigate360 For Students

EAB Navigate is a mobile app that makes it easier for students to connect with staff, faculty, and with resources that are offered through the college. It will allow you to view your class schedule, book appointments with your advisor and your faculty, etc.

You can use the attached QR code to download EAB Navigate to your phone. You can also login to the desktop site by following this link:

<https://rivervalley.navigate.eab.com/>

